THE DOCTORS' COOKERY BOOK

21 MENUS & 82 RECIPES FOR FAMILY MEALS

PUBLISHED BY THE
BRITISH MEDICAL ASSOCIATION
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Dorothy J. Hollingsworth.

THE
DOCTORS' COOKERY BOOK

Foreword to the 1938
[2nd.] *Edition*

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THIS COOKERY BOOK is for the women who have to get a full pennyworth of food value from every penny of their outlay.

IT was first compiled in 1935 for the British Medical Association, which represents 37,000 doctors in every branch of the profession, by a committee of doctors and expert cooks, as a part of the Association's anxious endeavour to promote national fitness by improving nutrition in the home. This can only be done by helping women in their choice of the family food and in its proper cooking for both children and grown-ups.

THE first edition was entitled 'Family Meals and Catering' and well over 100,000 copies were quickly distributed to housewives, schools, and teachers of domestic science, through social workers, women's institutes, industrial firms for their employees, school medical officers, and medical officers of health.

IN preparing this new edition, the Association's committee checked every one of the menus by the latest scientific knowledge on food and health. They have been found to conform with the best modern standards. The Association therefore commends this booklet to every housewife who can profit by its guidance. If her family purchases are made as suggested, she will be feeding her family well and spending her money to the best advantage.

POINTS TO READ
BEFORE
YOU USE THESE RECIPES AND MENUS FOR 3 WEEKS' MEALS

(1) **COOKING**—The purpose of this booklet is to suggest an appetizing variety of hot, savoury, and economical meals which are simple to prepare and can be cooked on the coal range which heats your home and dries the clothes. If you cannot afford to cook every day, by careful selection you will find it possible to do two days' cooking at a time; *or you can use more of the cold or uncooked dishes.*

(2) **SHOPPING**—You naturally do your best to buy your needs in the cheapest market and to take advantage of the abundance, or even gluts, of fish, fruit, vegetables, etc., which occur according to season. These perishable foodstuffs are usually low in price in districts where incomes are low. The price of dry goods does not vary much now that so many of them have 'brand names.' Such inexpensive items as flank of beef, heart of ox and sheep, etc., are not included in the menus, though this could easily be done; but minced meat, for which the butcher can use the coarser cuts of beef, appears in all three shopping lists. Herrings, which are excellent 'buys' when prices are low, are included in the first two.

(3) **SHOPPING LISTS**—The lists on pages 46-47 are for the total food required for the family per week for all meals. *They cater for a typical family of man, wife, and three children aged 6—14 years*; and, readjusted a little, will amply provide for four grown-ups, *e.g.*, two men and two women. If your family is neither of these, you will of

course buy more or less food in proportion to its size. Please note carefully the following recommendations about extra milk.

(4) **EXTRA MILK**—If you are nursing or expecting a baby, you should take every opportunity to secure extra milk. Children under school age also need extra milk. If you have any difficulty, your doctor or the Medical Officer of Health may be able to advise you. Children of school age can usually get extra milk at school. One-third of a pint of milk daily at school costs one half-penny in the school milk service. Please let them have it. If you have to cut down at home to manage this, do so on their bread.

In buying milk yourself, you should ask for pasteurized milk, or, if you can afford it, tuberculin-tested milk. Otherwise, scald your milk.

(5) **FRUIT AND VEGETABLES**—If you have any money to spare for more food, please spend it on fresh green vegetables, tomatoes, and fruits, especially oranges.

(6) **DAILY MEALS**—The menus are for the two main meals of the day—dinner, and high tea or supper. *Details for breakfast are not given, but ample food for this meal, and for adding to other meals, will be left over when you have put aside from your purchases the quantities laid down in the recipes.*

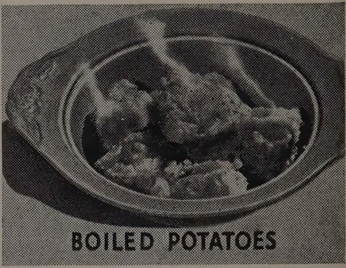
(7) **MENUS**—Recipes are given on pages 4—45 for 21 different daily menus. On the left-hand pages you will find the day's dishes named and illustrated with actual photographs, on the right-hand pages full particulars of quantities and methods. A complete index to recipes is on the inside of the back cover.

(8) **HOMELY MEASURES**—For ready reference a useful table is given on page 48, with the right proportions of your ingredients for pastry, batter, milk puddings, etc. If you haven't much experience, the hints on page 47 will be helpful.

MENU FOR SUNDAY

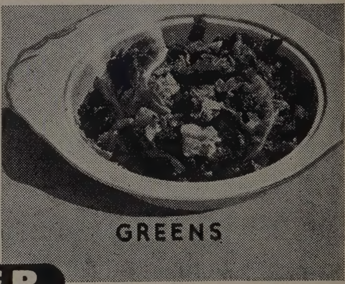
ROAST BEEF, ROAST POTATOES & GRAVY

YORKSHIRE PUDDING



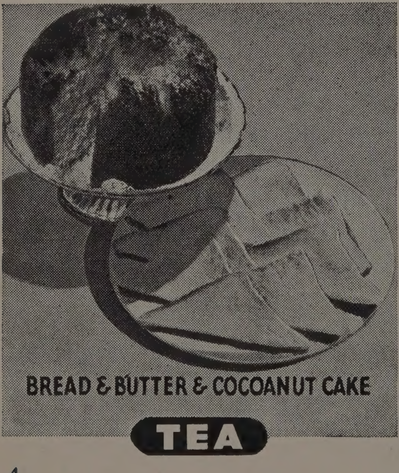
BOILED POTATOES

RICE PUDDING



GREENS

DINNER



BREAD & BUTTER & COCOANUT CAKE

TEA

BREAD & CHEESE & CRESS

SUPPER

FOR SHOPPING LIST

RECIPES FOR SUNDAY

ROAST BEEF

5 lb. ribs of beef (*imported*)

1. Wash (or wipe) meat. If frozen, leave until quite thawed before cooking.
2. Bake in a tin in a good oven for 1½ hours (¼ hour per lb. and ¼ hour over should be allowed for beef).
3. Baste during cooking.
4. When cooked, put the meat on to a hot dish. Pour off the dripping carefully, leaving 1 tablespoonful in the tin. Mix in 1 tablespoonful of flour, and ¾ pt. potato water. Boil well. Add pepper and salt and serve.

YORKSHIRE PUDDING

4 *oz. flour*
¼ *pt. milk*
1 *egg*
Salt
¼ *pt. water* (*slightly less*)
Dripping from the joint

1. Put flour and salt into basin.
2. Make a well in the flour and drop in the egg and a little liquid.
3. With a wooden spoon stir the flour gradually into the liquid adding more liquid as required; when half the liquid has been used beat mixture for 5 to 10 minutes until full of air bubbles.
4. Stand aside for as long as possible (½ hour at least), then add remaining liquid.
5. Take a tablespoonful of dripping from the joint and put into a tin. Make hot and pour in the batter.
6. Bake in a hot oven until thoroughly brown, about ½ hour.

GREEN VEGETABLE—2 *lb. in season*

1. Green vegetables such as savoy, cabbage, sprouts, etc., should stand in salted water for ½ hour and then be washed carefully.
2. Place in boiling salted water—the vegetable being quite covered—and cook gently, 15 to 40 minutes according to age.

POTATOES—3 *lb.* *A few baked with the meat*

1. Peel or scrape potatoes.
2. A few should be cooked with meat and the remainder should be placed in cold water to which salt has been added, brought to the boil, and cooked gently for 20 to 30 minutes.
3. Save the water for making gravy. (For recipe see above under Roast Beef 4.)

RICE PUDDING

4 *oz. rice*
½ *oz. margarine*
1 *pt. milk*
2 *oz. sugar*
1 *pt. water*
Nutmeg
Pinch of salt

1. Wash the rice and put it into a dish of suitable size.
2. Cover with the water and bake gently until the water is absorbed. Stir occasionally. Keep the dish covered during this cooking.
3. Pour in the milk, add sugar and a little grated nutmeg, and bake very gently for about 1½ hours, until creamy and brown (no cover).

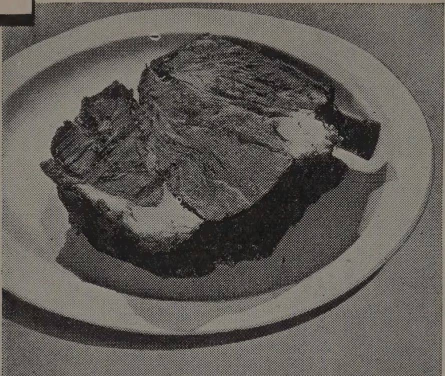
COCOANUT CAKE

1 *lb. flour*
4 *oz. cocoanut*
Pinch of salt
6 *oz. sugar*
6 *oz. margarine*
1 *egg*
¼ *pt. milk + water to mix*
2 *teaspoonfuls baking powder unless self-raising flour has been used*

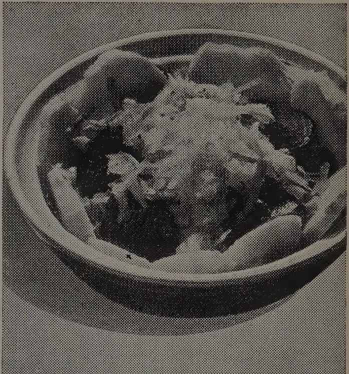
1. Rub the fat into the flour and add the dry ingredients.
2. Mix to a stiff batter with the beaten egg, milk and water.
3. Put into a tin which has been greased and lined at the bottom with paper.
4. Bake until firm—about 2 hours.

SEE PAGE FORTY-SIX

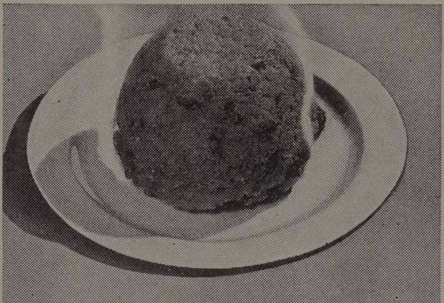
MENU FOR MONDAY



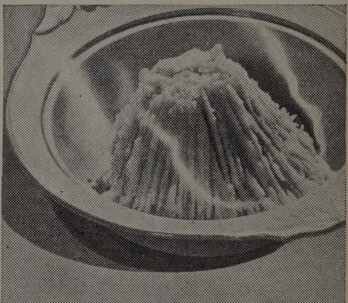
COLD ROAST BEEF



WINTER SALAD

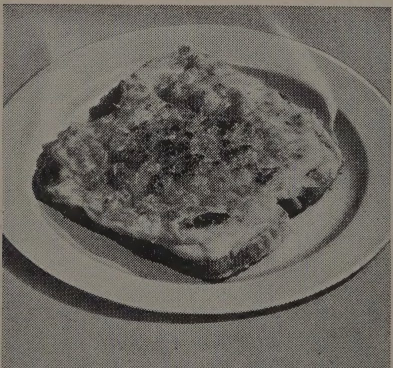


STEAMED DATE PUDDING

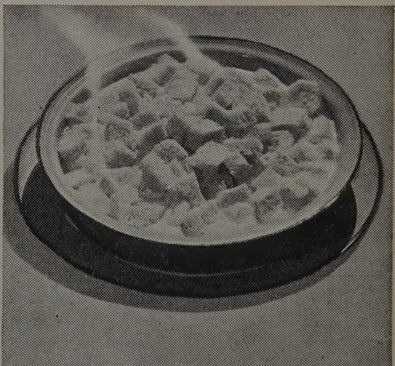


MASHED POTATOES

DINNER



CHEESE SAVOURY



BREAD & MILK

HIGH TEA OR SUPPER

FOR SHOPPING LIST

RECIPES FOR MONDAY

WINTER SALAD

1 onion, raw
1 beetroot, cooked
1 carrot, raw, grated
1 lb. cooked potato
Just enough vinegar to moisten

1. The onion should be skinned and chopped finely, and the beetroot skinned and sliced. Scrape the carrot before grating it.
2. Arrange the ingredients carefully in a bowl and add a little vinegar.

POTATOES—3 *lb., baked, boiled or mashed*

Mashed Potato:

1. Boil the potatoes, and when cooked drain and mash with the end of a rolling pin.
2. Add a little fat or milk and pepper and salt and beat well.

STEAMED DATE PUDDING

8 oz. flour
3 oz. suet, chopped
8 oz. dates, chopped
4 oz. soft brown sugar
½ teaspoonful baking soda
½ teaspoonful mixed spice
⅛ pt. milk + water to mix

1. Put all the dry ingredients into a basin. Dissolve the soda in a little water.
2. Mix to a stiff batter with milk and water.
3. Put in greased pudding basin, cover top of basin with greased paper folded carefully over the edges.
4. Steam for 2 to 3 hours.
5. Serve with ½ pt. thin custard sauce, made as directed on custard powder tin, using milk and water.

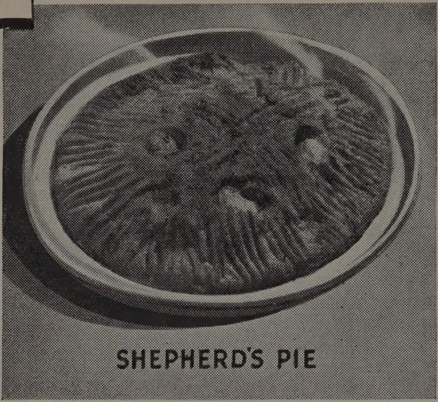
CHEESE SAVOURY

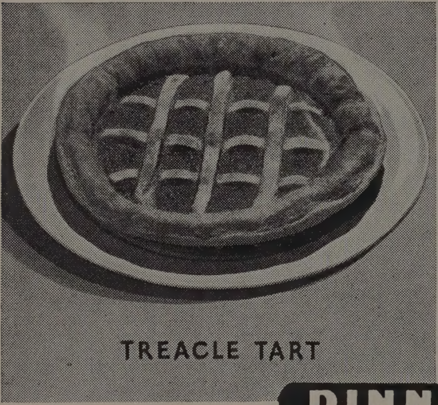
2 slices bread, toasted
1½ oz. margarine
1½ oz. flour
⅓ pt. milk and water
Pepper, salt and mustard
4—6 oz. grated cheese

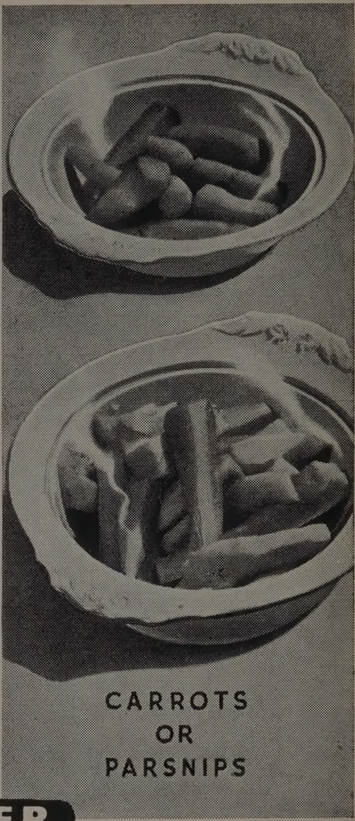
1. Cut toast into about 6 strips, in order that the savoury can be served easily. Put them close together on a dish.
2. To make the sauce, melt the margarine; add the flour and mustard and stir briskly. Add the liquid, and boil well.
3. Add pepper and salt and ¾ of the cheese. After the cheese has melted, place the mixture on the slices of toast.
4. Sprinkle with cheese and brown under the grill or before the fire.

SEE PAGE FORTY-SIX

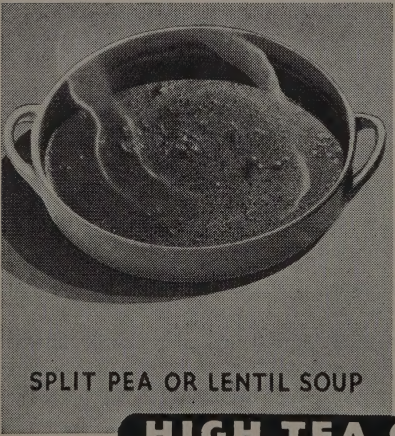
MENU FOR TUESDAY

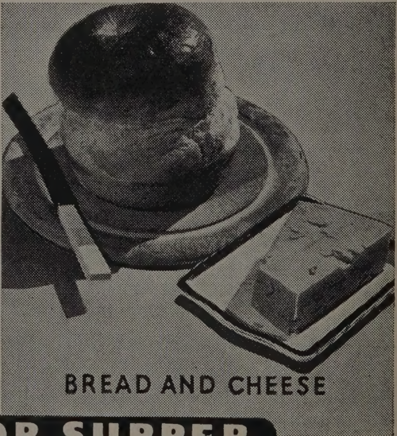

SHEPHERD'S PIE


TREACLE TART


CARROTS
OR
PARSNIPS

DINNER


SPLIT PEA OR LENTIL SOUP


BREAD AND CHEESE

HIGH TEA OR SUPPER

RECIPES FOR TUESDAY

SHEPHERD'S PIE

About ½ lb. cooked meat
Mashed potato
Pepper and salt
Chopped parsley

Sauce:
1 oz. dripping
1 large onion
1 oz. flour
½ pt. potato water

1. Take a frying pan or strong iron pan and fry the onion in dripping until golden brown ; add flour and stir together.
2. Add water and boil.
3. Withdraw from fire and add meat and pepper and salt.
4. Line a greased pie dish thinly with nicely seasoned mashed potato.
5. Put in the mince. Cover with mashed potato. Spread over with ½ oz. margarine.
6. Decorate with a fork and bake in a good oven until well browned (20 minutes).

PARSNIPS OR CARROTS—2 *lb.*

1. Scrub, peel parsnips thinly, or scrape carrots. Cut into quarters unless carrots are young.
2. Cook gently in boiling water with a pinch of salt until tender (30 to 60 minutes).
3. Use the water for the soup.

TREACLE TART

Pastry:
8 oz. flour
4 oz. lard
Little baking powder (optional)
Salt
Water

8 oz. treacle
Few breadcrumbs
A little lemon rind if possible

Make short pastry as follows :

1. Rub the fat into the flour, add salt.
2. Add water a little at a time and mix with a knife at first and then with the hand. Care should be taken to add only sufficient water to make a dry dough. Wipe the basin quite clean with the dough.
3. Roll out fairly thin on a floured board and line a flat greased tin with the pastry.
4. Mix the treacle (warming if necessary), crumbs, and lemon rind. Put on to the pastry.
5. Bake until pastry is golden brown in a moderate oven (20 to 30 minutes).

SPLIT PEA SOUP (OR LENTIL)

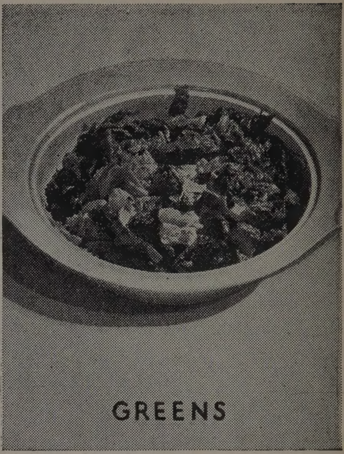
1 oz. dripping
Bones from the joint. Bacon rinds, or bacon bones
12 oz. split peas or lentils (soaked)
Carrot, onion, outside leaves of celery, cut into small pieces
Few herbs and parsley
2 qrt. water
1—2 oz. flour
½ pt. milk
Pepper and salt

1. The split peas should be washed and soaked overnight.
2. Clean carrot, onion and celery and cut into small pieces.
3. Melt the fat and fry the rinds and bones in a strong iron pan.
4. Add all the vegetables and continue cooking for 5 to 10 minutes stirring frequently to prevent burning.
5. Add water and herbs and cook for 1½ to 2 hours or until tender.
6. Remove bones and rinds.
7. Add flour creamed with milk, and stir until the soup boils.
8. Add pepper and salt to taste.

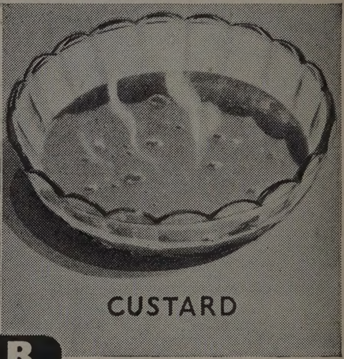
SEE PAGE FORTY-SIX

MENU FOR WEDNESDAY

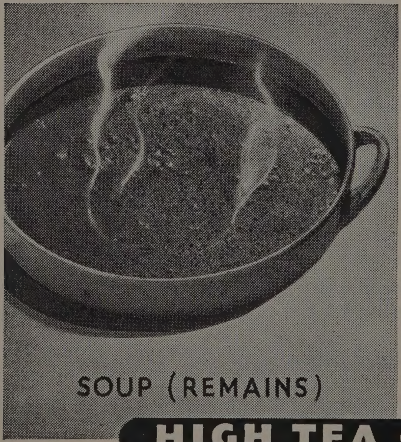
CORNISH PIE & GRAVY

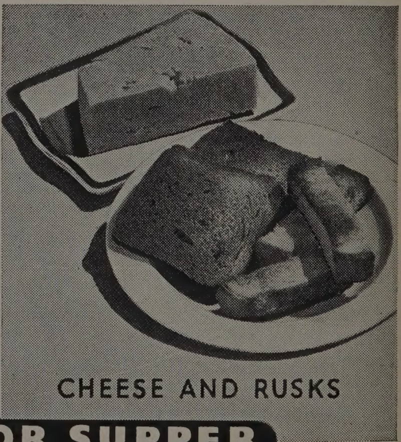

GREENS

BAKED APPLES


CUSTARD

DINNER


SOUP (REMAINS)


CHEESE AND RUSKS

HIGH TEA OR SUPPER

FOR SHOPPING LIST

RECIPES FOR WEDNESDAY

CORNISH PIE

Few pieces of cold meat, about 2—4 oz.
1 lb. potatoes
2 onions
Parsley and very little herb
Pepper and salt
Pastry { *½ lb. flour*
4 oz. lard
1 teaspoonful baking powder (optional)
Water }

1. Make pastry. Cut into two pieces, and line a greased tin or enamel plate thinly with one piece.
2. Cut the onion, potato, and meat into small pieces. Season very well and put on to pastry lining.
3. Moisten edges, cover with pastry, gently pressing the edges together.
4. Trim, decorate, and brush over with a little milk, making a hole for steam to escape, and cook in a good oven for 30 minutes.

BROWN GRAVY

1 onion
½ pt. water
1 oz. dripping
Seasoning
1 oz. flour

1. Fry onion in 1 oz. dripping until golden brown.
2. Add 1 oz. flour and stir briskly. Add the water. Stir until the gravy boils. Move to the side of the stove and simmer for ½ hour. If given this time the onion, which should be brown but not burnt, will colour the sauce.

GREENS—2 *lb. sprouts or greens* (*see page* 5)

CUSTARD

½ pt. milk
¼ pt. water
1 oz. sugar
1 dessertspoonful custard powder

Make as directed on the custard powder tin.

APPLES—*2 lb.*

Wash the apples and bake in the oven with the Cornish pie.

RUSKS

Any trim-looking crusts or slices of bread baked slowly in the oven until very crisp.

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WEEK
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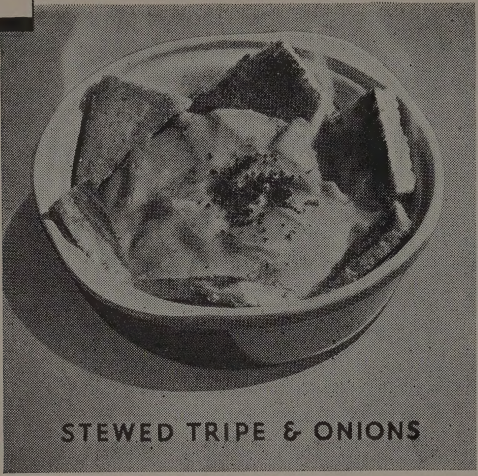
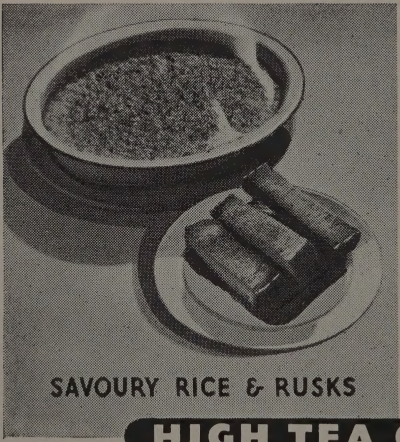
MENU FOR THURSDAY


STEWED TRIPE & ONIONS

BOILED POTATOES

STEAMED PLUM DUFF

DINNER


SAVOURY RICE & RUSKS

BREAD & MILK

HIGH TEA OR SUPPER

STEWED TRIPE AND ONIONS

1½ lb. tripe
1 lb. onions
¾ pt. water
1½ oz. flour
¼ pt. milk

1. Wash the tripe and slice or quarter the onion.
2. Place in a saucepan with the water and a little pepper and salt and simmer gently until tender (about 2 hours).
3. Mix the flour to a smooth cream with the milk, add to the tripe and cook for another 10 minutes.
4. Serve very hot, garnished with pieces of toasted bread.

POTATOES—3 *lb. steamed over the Plum Duff*

STEAMED PLUM DUFF

12 oz. flour
Pinch of salt
2 teaspoonfuls baking powder if self-raising flour is not used
4 oz. suet, chopped
2 oz. brown sugar
4 oz. raisins (stoned)
Water to mix

1. Mix the dry ingredients, first cleaning the raisins.
2. Make a well in the centre and pour in a little water ; mix in the dry ingredients gradually, adding more water as required until a soft dough is formed.
3. Make into a roll, tie in a floured cloth and boil for 2 hours ; or place in a greased basin, cover with greased paper, and steam for 3 hours.

SAVOURY RICE

4 oz. rice
4—6 oz. cheese
1½ pt. water
½ pt. milk
Pepper and salt

1. Wash the rice ; cook slowly in the oven or a saucepan with the water until this is absorbed.
2. Stir the milk, pepper and salt and ⅔ cheese into the rice.
3. Sprinkle with remaining cheese and bake in a fairly quick oven until well browned (about 20 minutes).

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MENU FOR FRIDAY

MINCED MEAT ROLY & BROWN SAUCE

POTATOES STEAMED IN JACKETS

RUSKS & JAM

CELERY

DINNER

FRIED HERRINGS

BREAD & MILK

HIGH TEA OR SUPPER

FOR SHOPPING LIST

RECIPES FOR FRIDAY

MINCED MEAT ROLY

1 lb. raw minced meat
1 onion, minced
Parsley
Pepper and salt
Brown sauce or gravy
Pastry { *¾ lb. flour*, *2 teaspoonfuls baking powder*, *4 oz. suet* }

1. Moisten the meat and onion with a little brown sauce from the supply made to serve with the roly.
2. Make the pastry, roll out and spread with mince.
3. Roll up, moistening and sealing the edges, put in a greased jam jar and steam for 2 to 3 hours. (It could be wrapped in a greased paper and steamed or put into a floured cloth and boiled.)

BROWN SAUCE

1½ oz. dripping
Root vegetable
1½ oz. flour
1 onion
¾ pt. water

1. Fry the onion in the dripping, add the other vegetable cut neatly. Fry a little and add the flour.
2. Stir in the water. Bring to boiling point and leave to cook very slowly for ½ hour.
3. Do not strain but pour over the roly when it is cooked.

POTATOES—2 *lb. steamed in the skins*

Cut a ribbon of peel from the potatoes and steam over the roly poly for about 40 minutes.

CELERY—2 *heads*

1. Wash well, cut into even lengths, and cook in boiling salted water for about 1 hour.
2. Lift celery from pan. Cream 1 tablespoonful of flour with 1 tablespoonful of milk and stir in ½ pt. of the liquor in which the celery has been cooked. Return to the pan and boil. Add pepper.
3. Pour this sauce over the celery.

FRIED HERRINGS

1. Clean the herrings and dip each into medium oatmeal.
2. Heat 2 oz. dripping until it smokes.
3. Fry the herrings on both sides and serve very hot. This will take about 10 minutes.

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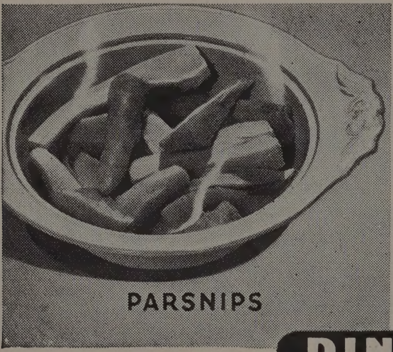
MENU FOR SATURDAY

SAVOURY PUDDING AND GRAVY



PARSNIPS

CHOCOLATE CUSTARD

DINNER

MELTED CHEESE ON TOAST

HIGH TEA OR SUPPER

FOR SHOPPING LIST

SAVOURY PUDDING

12 oz. crusts of bread or stale bread
1 lb. onions
1 egg
4 oz. suet
3 tablespoonfuls medium oatmeal
2 teaspoonfuls dried sage
Salt and pepper
About ½ pt. milk

1. Soak the crusts in water for 3 hours before using, squeeze as dry as possible.
2. Chop the onions and suet finely.
3. Add all the dry ingredients to the soaked crusts and mix well ; season carefully.
4. Beat the egg, add milk and pour into the mixture.
5. Melt 1 oz. fat in a shallow baking tin. Put the pudding into the tin and cook until well browned (about an hour like a bread pudding).
6. Remove from the oven and allow the pudding to stand for a few minutes.
7. Cut into squares and dish carefully. Serve with brown sauce.

PARSNIPS—2 *lb.* (*see page* 9)

CHOCOLATE CUSTARD

1 pt. milk
1 oz. custard powder
1 oz. cocoa
2 oz. sugar
½ pt. water

1. Make a thin paste of the cocoa, custard powder and water.
2. Add this mixture to the boiling sweetened milk. Boil 3 minutes.

MELTED CHEESE

1. Shred 4 to 8 oz. cheese, and put it on pieces of toast very thickly.
2. Melt under the grill or in front of the fire.

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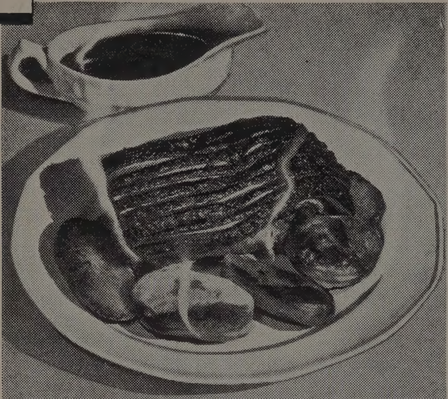
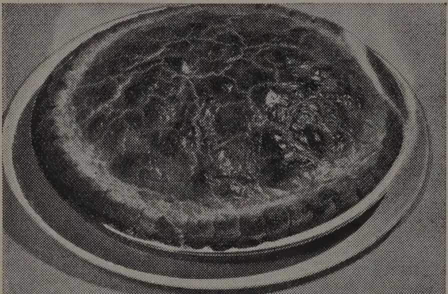
MENU FOR SUNDAY



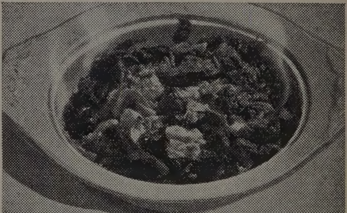
ROAST PORK WITH BAKED POTATOES

POTATOES BAKED IN JACKETS

SAGE & ONION BALLS

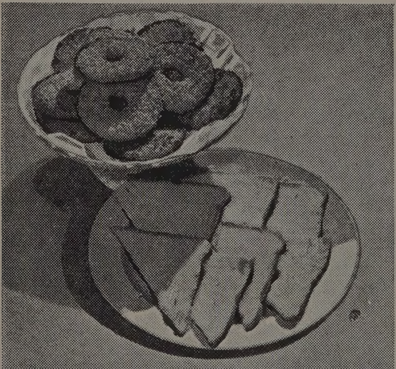


APPLE PIE



GREENS

DINNER



BREAD & BUTTER & COCOANUT RINGS

TEA

BREAD & CHEESE & CRESS

SUPPER

RECIPES FOR SUNDAY

ROAST PORK, SAGE & ONIONS

1½ lb. pork (breast and blade are the cheapest cuts)

Stuffing
- *8 oz. soaked crusts of bread, squeezed dry*
- *1 lb. onions, cooked*
- *1 oz. margarine*
- *1 dessertspoonful chopped sage*
- *Pepper and salt*

1. Drain the cooked onions and chop finely.
2. Mix all the ingredients, melt the margarine, and stir into the stuffing, and form into a ball for handling.
3. If the joint is boned, spread the stuffing on the meat, roll up, and secure with string ; otherwise form stuffing into balls to bake with meat or in a separate tin or dish.
4. Roast pork 25 minutes to the lb. and 25 minutes over.

GREENS—2 *lb.*

POTATOES—3 *lb.* *A few baked with the meat, and some baked in their skins on a shelf under the meat for 1 hour*

APPLE PIE

½ lb. flour
¼ lb. lard
1 lb. apples
2 oz. sugar

1. Make a good dry pastry.
2. Divide into two pieces. Line a tin or enamel plate with one piece.
3. Peel, core and cut the apples into pieces. Lay them on the pastry. Put in the sugar and sprinkle with water.
4. Damp the edges of the lining pastry. Roll out the other piece, place it over the apple and decorate. Bake for about 40 minutes in a quick oven.

COCOANUT RINGS

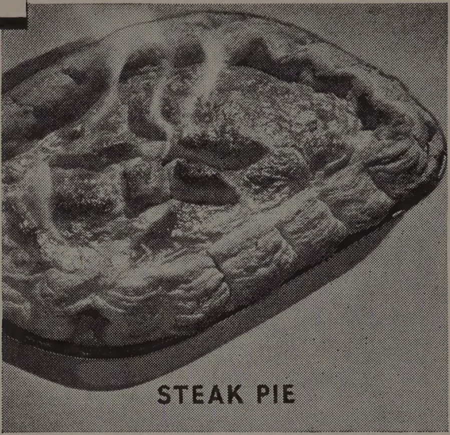
10 oz. self-raising flour
6 oz. margarine
1 egg
Pinch of salt
4 oz. sugar
4 oz. cocoanut

1. Rub the fat into the flour. Add 3 oz. sugar, 2 oz. cocoanut and the salt.
2. Mix to a dry dough with *some* of the beaten egg, adding a little milk if necessary.
3. Roll out ¼ in. thick. Cut into rounds and cut the centre out of each. Collect the centres and roll out again.
4. Brush the rings with remaining egg and dip them in equal parts of sugar and cocoanut.
5. Bake in a moderate oven for 15 minutes.

(The photograph shows only some of the rings made from this recipe. The same recipe may be used for plain round cocoanut shapes, if you wish to save time.)

SEE PAGE FORTY-SIX

MENU FOR MONDAY

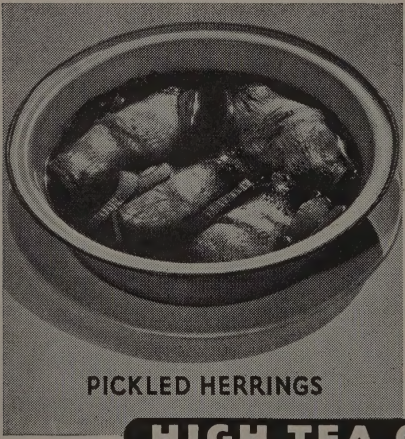

STEAK PIE

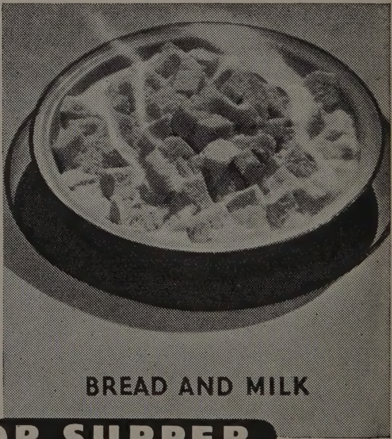
HOT BEETROOT

STEAMED JAM ROLY POLY

MASHED POTATOES

DINNER


PICKLED HERRINGS


BREAD AND MILK

HIGH TEA OR SUPPER

FOR SHOPPING LIST

RECIPES FOR MONDAY

STEAK PIE

1 lb. steak (meat pie pieces)
1 onion
1 oz. flour
Pepper
Salt
Water

1. Cut the meat into smaller pieces, put into a pie dish or jar with the flour and seasoning and just enough water to cover it. If meat is tough, a little vinegar should be added.
2. Cover closely and cook very slowly in the oven for 1½ to 2 hours.
3. Fill up the pie dish, if necessary, with slices of potato and cover with short or rough puff pastry. Cook for about 1 hour longer.

(NOTE.—If the meat is tender the preliminary cooking can be omitted. The raw meat can be covered with the pastry and the pie cooked for 2 hours.)

ROUGH PUFF PASTRY

4 oz. margarine or lard
6 oz. flour + 2 oz. for rolling
Water

1. Put flour and salt into a basin.
2. Add the margarine or lard cut in pieces the size of a walnut and mix to a dough with water.
3. Roll out. Fold into three, seal edges by pressing lightly, turn half way round with the open edges towards the worker, and roll out again.
4. Repeat the rolling and turning 3 to 5 times, allow the pastry to stand in a *cold* place for a time between each two rollings.
5. Cover the pie dish in the usual way and bake in a hot oven at first.

POTATOES—2 *lb. mashed*

HOT BEETROOT

2 medium-sized beetroots (cooked)
½ oz. dripping
Chopped onion
Pepper and salt
1 oz. flour

1. Melt dripping and fry a little chopped onion. Add ½ pt. water and seasoning.
2. In this liquid heat the sliced, cooked beetroot for a few minutes.
3. When hot, lift the beetroot out of the liquid and add 1 oz. flour which has been mixed to a cream with a little vinegar.
4. Pour this sauce over the sliced beetroot. The slices should not be too thin.

STEAMED JAM ROLY

10 oz. flour
1½ teaspoonfuls baking powder unless self-raising flour used
4 oz. suet, chopped
8 oz. jam
Pinch of salt
Water to mix

1. Put the flour, suet and salt in a basin and mix to a soft dough with water.
2. Roll to an oblong shape and spread with jam, leaving an edge of about ½ in. without jam.
3. Moisten this edge. Roll pudding up, sealing the end.
4. Place in a greased paper or greased jam jar.
5. Steam for 1½ to 2 hours.

PICKLED HERRINGS

4 herrings
1 onion in thin slices
¼ pt. vinegar
Spices
Pepper and salt

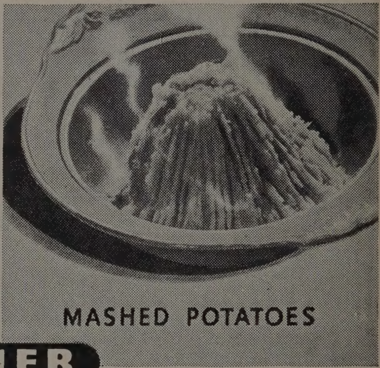
1. Wash fish, bone, season and roll up neatly with roes inside, or leave whole and unboned.
2. Put fish, onion and spice into a dish.
3. Cover with vinegar and some water.
4. Cover dish with a greased paper, put on lid. Bake for ½ hour.

SEE PAGE FORTY-SIX

MENU FOR TUESDAY

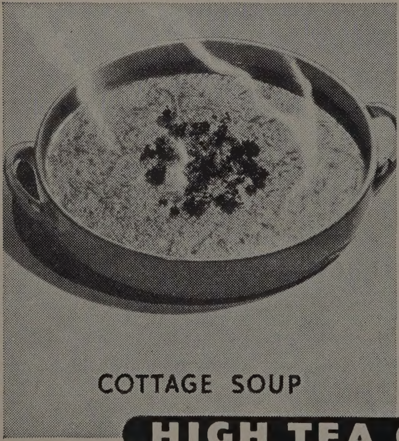
FRIED FISH AND PARSLEY SAUCE

TREACLE PUDDING

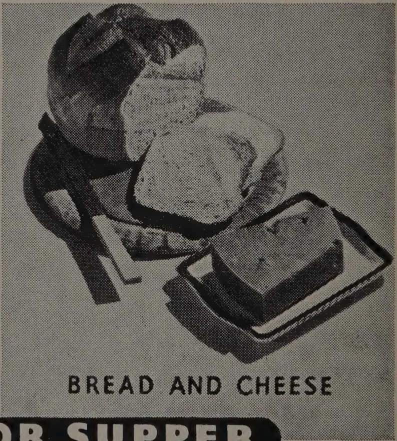


MASHED POTATOES

DINNER



COTTAGE SOUP



BREAD AND CHEESE

HIGH TEA OR SUPPER

RECIPES FOR TUESDAY

FRIED FISH

1½ lb. fish
Dripping
Batter { *4 oz. flour*, *1 teaspoonful baking powder*, *Water* }

Sauce { *⅛ pt. milk*, *⅜ pt. water*, *Remainder of batter*, *Pepper and salt*, *Parsley* }

1. Wash fish quickly and dry well.
2. Cut the fish into neat pieces.
3. Make the batter just before it is needed, of a consistency to coat the spoon used.
4. Dip the fish into the batter and fry in smoking hot fat.
5. Mix remainder of batter with milk and water, bring to the boil, and boil well. Add chopped parsley and season with salt and pepper.
6. Drain fish from fat and serve very hot.

POTATOES—3 *lb. mashed*

TREACLE PUDDING

12 *oz. flour*
Pinch of salt
2 *teaspoonfuls baking powder unless self-raising flour is used*
4 *oz. suet, chopped*
Water to mix
2 *tablespoonfuls treacle*

1. Put the treacle in the bottom of a greased basin.
2. Mix the dry ingredients to a thick batter with the water. Pour on to the treacle in the basin and steam for 2 or 3 hours. The pudding is improved by the longer cooking.

COTTAGE SOUP

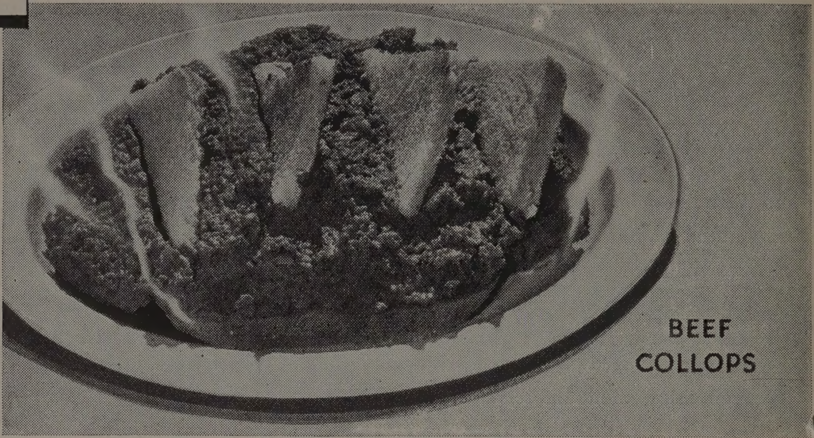
½ *lb. potatoes*
½ *lb. onions*
½ *lb. carrots*
Outside stalks of celery, if possible
1½ *pt. water (use the potato water)*

1 *oz. margarine*
1 *oz. flour*
½ *pt. milk*
2 *oz. cheese*

1. Cut up the vegetables. Fry them lightly in the margarine.
2. Add enough of 1½ pt. of water to cover, and cook until tender.
3. Beat the thick vegetable mixture.
4. Add the remaining water and make up the liquid to 1½ pt. if it has boiled away.
5. Cream the flour with the milk, add to soup and stir until it boils. Boil 10 minutes.
6. Add grated cheese, pepper and salt and serve.
7. Chopped parsley or shredded lettuce can be added just before serving.

SEE PAGE FORTY-SIX

MENU FOR WEDNESDAY

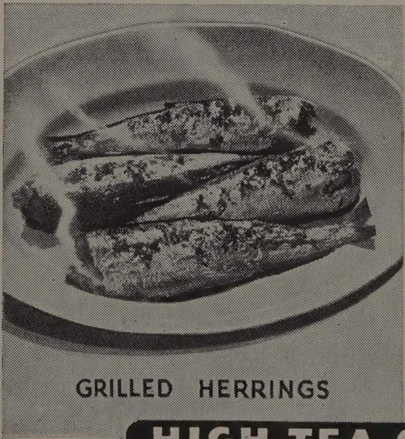


BEEF COLLOPS

BOILED RICE & TREACLE

POTATOES STEAMED IN JACKETS

DINNER



GRILLED HERRINGS

BREAD AND MILK

HIGH TEA OR SUPPER

FOR SHOPPING LIST

RECIPES FOR WEDNESDAY

BEEF COLLOPS

1 lb. minced beef (raw)
4 oz. onion
1 oz. dripping
1 oz. flour
Pepper and salt
Parsley
¼ pt. water
2 slices bread toasted

1. Cut the onion into thin slices and fry in the dripping to a nice brown colour.
2. Add the flour and then the minced meat. Stir over heat for a few minutes. Add water and simmer.
3. Cook very gently for about 30 minutes. Stir occasionally, and add more water if necessary.
4. Season well. Serve on toast cut into pieces and garnish with thin strips of toast.

POTATOES—3 *lb. steamed in the skins*

1. Scrub potatoes and cut a ribbon of peel from each. Steam for about 40 minutes over the boiling rice.

BOILED RICE AND TREACLE

½ lb. rice

1. Put the washed rice into a greased basin. Cover with water.
2. Tie a cloth over the basin and drop it into boiling water—the water must cover the basin. Cook for 1½ hours.
3. When cooked the rice should turn out like a mould. Serve treacle with it.

GRILLED HERRINGS

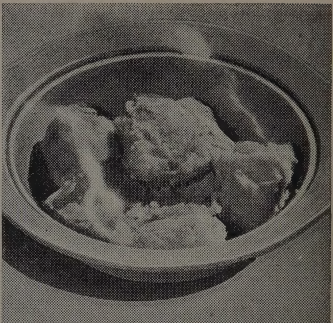
1. Clean and bone 4 herrings, or they may be left unboned.
2. Grease a tin by melting 1 oz. margarine in it.
3. Dip the outside of the herrings into the fat and toast them, greased side uppermost, for a short time.
4. Turn them quickly and continue toasting them until done (about 6 or 8 minutes altogether).
5. When turned the herrings should be basted with the liquor and just at the end, if parsley is sprinkled over the herrings and they are basted once more, they will be very tasty.

To cook in the oven, melt the margarine in a baking tin, lay the herrings in, and baste them with fat. Bake for 10-15 minutes. Sprinkle with chopped parsley before serving.

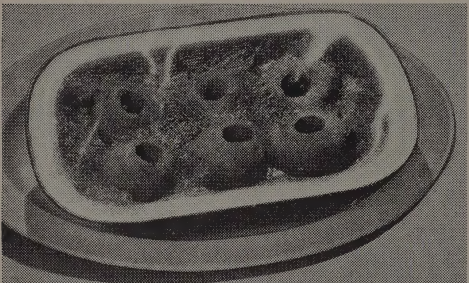
SEE PAGE FORTY-SIX

MENU FOR THURSDAY

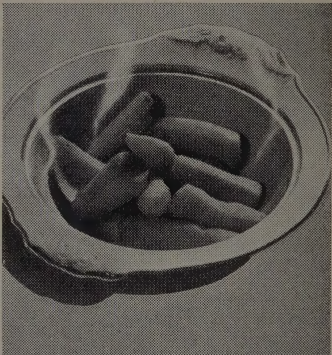
SAUSAGE IN BATTER & GRAVY



BOILED POTATOES

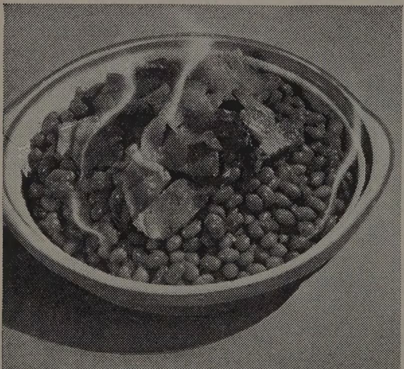


APPLE AND SAGO

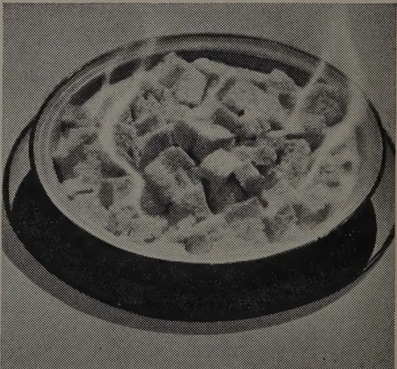


CARROTS

DINNER



SAVOURY BEANS



BREAD AND MILK

HIGH TEA OR SUPPER

FOR SHOPPING LIST

RECIPES FOR THURSDAY

SAUSAGES IN BATTER

½ lb. sausages
6 oz. flour
¼ pt. water
½ pt. milk
1 egg
Salt and pepper
1 oz. dripping

1. Skin the sausages and roll them into 12 portions. Lay these in the tin with the dripping. Put into the oven to melt the dripping when batter is ready.
2. Put the flour and salt into a basin, drop in the egg and half the liquid.
3. Stir in the flour and beat very well, and add remaining liquid.
4. Stand for ½ hour. Pour the batter over the sausages and bake for about ¾ hour.

CARROTS—2 *lb.*

1. Prepare and cut them into strips or rounds. Put into a stew jar with 1 oz. margarine and a little water.
2. Bake until tender. Stir them over occasionally. Sprinkle with chopped parsley when cooked, and season.

POTATOES—3 *lb.*

GRAVY—(*see page* 11)

APPLE AND SAGO PUDDING

6 medium-sized apples
3 oz. sago or tapioca
2 oz. sugar
1½ pt. water
Spice

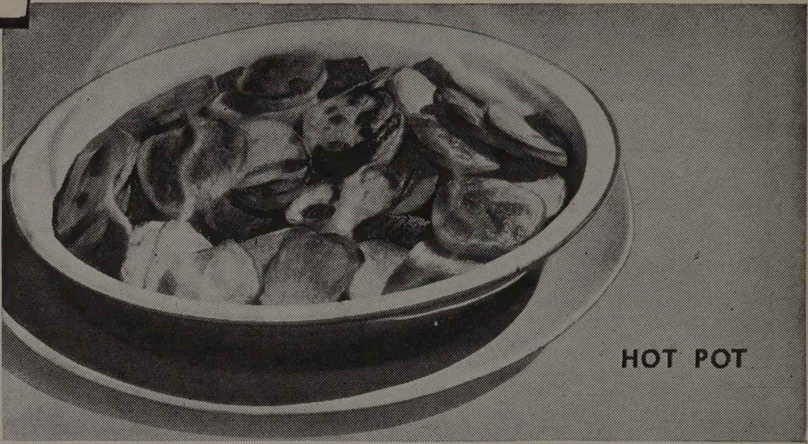
1. Peel the apples. Take out the cores and fill the cavity with sugar and a little spice. Pack closely into a dish.
2. Wash sago and cook in water until transparent. Pour over apples and bake in moderate oven until apples are soft.

SAVOURY BEANS

12 oz. haricot beans washed and soaked
1 onion
1 oz. dripping or margarine
1 tablespoonful treacle
Salt and pepper
4 oz. tomato
2 oz. slice of bacon

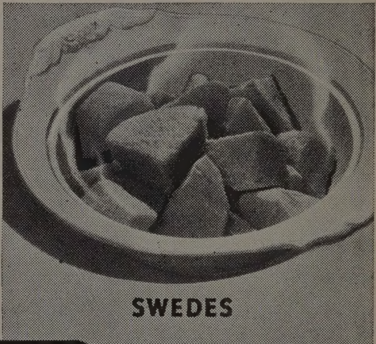
1. Soak the beans for 24 hours.
2. Put into a jar with onion, fat, treacle, and just enough water to cover.
3. Cook very gently for 4 hours covered closely, in the oven or on the stove.
4. Add skinned tomatoes, bacon in small pieces, and seasoning ½ hour before serving; or the bacon can be placed on top of the beans and browned.

MENU FOR FRIDAY



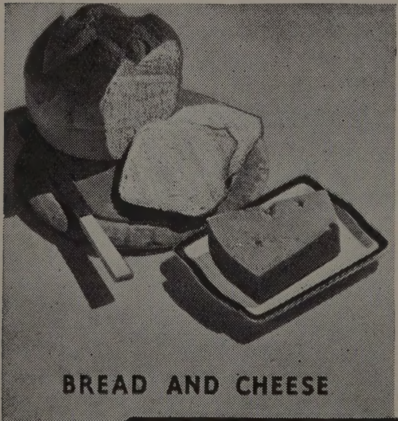
HOT POT

STEAMED FRUIT PUDDING

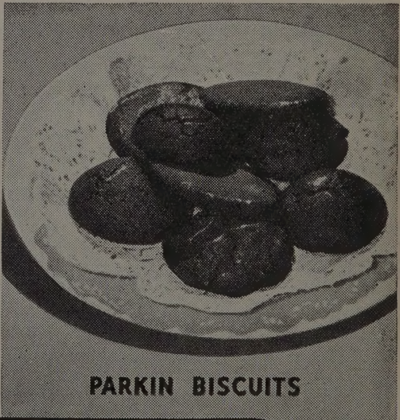


SWEDES

DINNER



BREAD AND CHEESE



PARKIN BISCUITS

HIGH TEA OR SUPPER

FOR SHOPPING LIST

RECIPES FOR FRIDAY

HOT POT

1 lb. breast mutton
2 lb. potatoes
½ lb. onions
Pepper and salt
Little dripping
Water

1. Cut the mutton and vegetables into pieces.
2. Arrange in a pie dish layers of meat, potato, onion and seasoning. Add water.
3. Arrange nice pieces of potato on the top.
4. Cover closely with greased paper and cook for 1½ hours in the oven.
5. Take off the cover. Grease the potatoes with dripping and bake until brown.

SWEDES—3 *lb.*
Pare, cut into pieces, and steam over the pudding.

STEAMED FRUIT PUDDING

12 oz. flour
2 teaspoonfuls baking powder unless self-raising flour is used
4 oz. chopped suet
2 lb. apples
4 oz. brown sugar

1. Grease the basin and line with some of the sugar.
2. Make the pastry of elastic consistency.
3. Line basin with about ¾ of the pastry, put in the apple, sugar, and some water.
4. Moisten edge of basin and cover with remainder of pastry.
5. Cover with greased paper and steam for 2½ hours or boil for 2 hours.

PARKIN BISCUITS

4 oz. flour
4 oz. medium oatmeal
1 egg
2 oz. sugar
2½ oz. margarine
3 oz. treacle
1 teaspoonful ground ginger
½ teaspoonful cinnamon or a little mixed spice
½ teaspoonful baking soda
Little warm milk

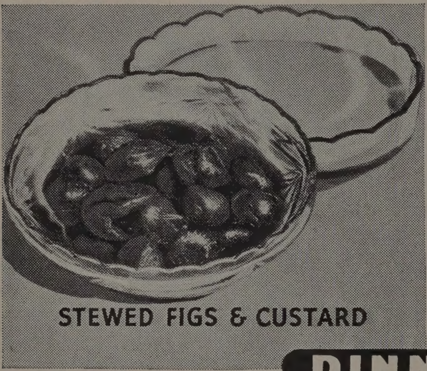
1. Warm the margarine and treacle.
2. Mix all dry ingredients in a basin.
3. Add margarine, treacle, beaten egg and enough warm milk or milk and water to mix to a stiff dough.
4. Divide into 16 pieces. Roll each into a ball and flatten, and arrange on a greased tin allowing room for the biscuits to spread.
5. Bake in a moderate oven for 20 to 30 minutes.

(The photograph shows only some of the biscuits made from this recipe.)

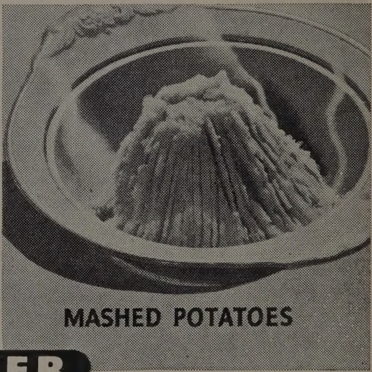
SEE PAGE FORTY-SIX

MENU FOR SATURDAY

SEA PIE

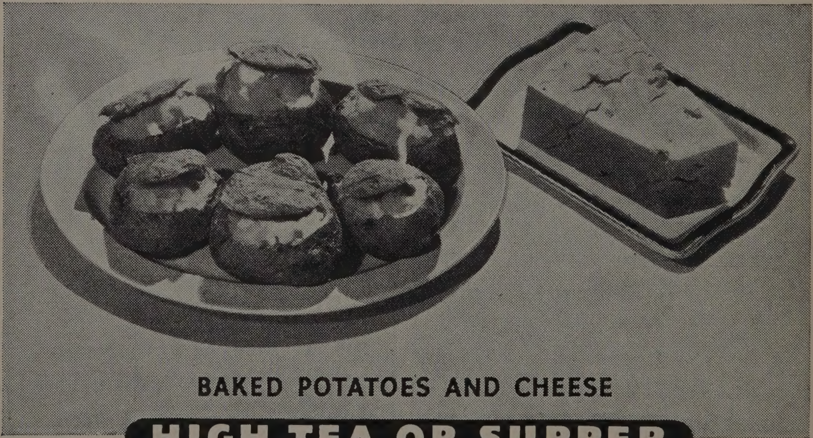


STEWED FIGS & CUSTARD



MASHED POTATOES

DINNER



BAKED POTATOES AND CHEESE

HIGH TEA OR SUPPER

FOR SHOPPING LIST

SEA PIE

Stew
- *½ lb. beef cut into dice*
- *2 onions ,, ,, ,,*
- *4 carrots ,, ,, ,,*
- *1 turnip ,, ,, ,,*
- *1 tablespoonful flour*
- *1 pt. water*
- *1 teaspoonful vinegar*
- *Seasoning*

Pastry
- *8 oz. flour*
- *1 teaspoonful baking powder*
- *3 oz. suet*

1. Put the ingredients for the stew into a saucepan (not small) or into a stew jar.
2. Cook gently for 2 hours. Add a little gravy salt to colour. Stir well.
3. Make the suet pastry. Form it into a round shape to fit into the pan or jar. Cut it into sections.
4. Cook the stew for ½ hour longer and serve it in the jar. If cooked in a pan, remove the sections of crust, put stew into a dish and arrange the pieces of crust carefully on the top.

POTATOES—2 *lb.*

STEWED DRIED FIGS

1 lb. figs
3 oz. sugar

1. Wash and soak the fruit overnight.
2. Stew gently for ½ hour. Add sugar and continue cooking for ½ hour.

CUSTARD—*See page 11. Use 1 pt. milk.*

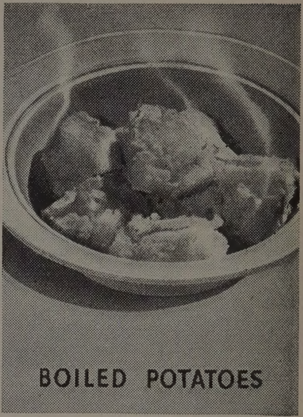
BAKED POTATOES AND CHEESE

2 lb. potatoes
4 oz. cheese
Pepper and salt

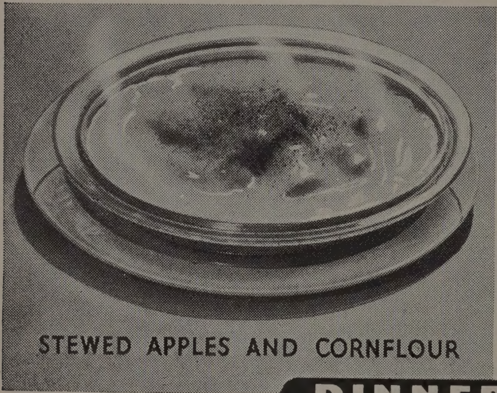
1. Remove centre from baked potatoes, and mix with grated cheese and pepper and salt.
2. Put mixture in the potatoes, make hot and serve. If there is not time to do this, serve the potatoes and cheese separately.

MENU FOR SUNDAY

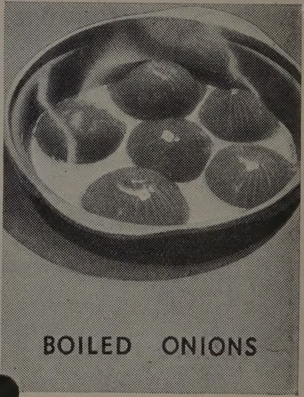
ROAST STUFFED BREAST OF MUTTON WITH BAKED POTATOES & GRAVY



BOILED POTATOES

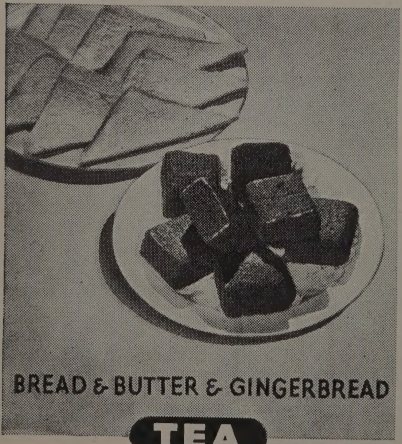


STEWED APPLES AND CORNFLOUR



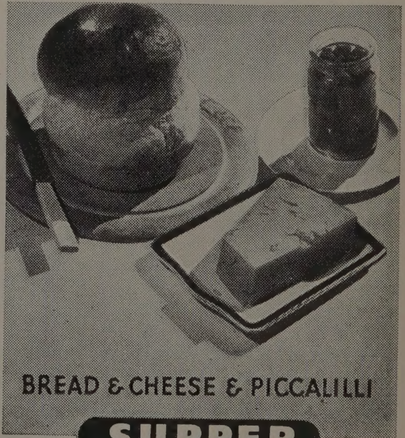
BOILED ONIONS

DINNER



BREAD & BUTTER & GINGERBREAD

TEA



BREAD & CHEESE & PICCALILLI

SUPPER

FOR SHOPPING LIST

RECIPES FOR SUNDAY

ROAST STUFFED BREAST OF MUTTON

1½ lb. breast of mutton boned

Stuffing
- *4 oz. breadcrumbs*
- *1 oz. suet*
- *1 teaspoonful chopped parsley*

Lemon rind if possible *Salt*

1. Mix ingredients for stuffing to a moist crumbling consistency with milk.
2. Spread the stuffing on the meat ; roll or fold over and secure with string to make a neat joint.
3. Roast for one hour.
4. Pour fat from the dripping tin, leaving a little to mix with 1 oz. flour. Add seasoning and water from the vegetables. Boil this gravy. Colour with a little gravy salt.

POTATOES—3 *lb.* 1 *lb. baked with the meat ;* 2 *lb. boiled or steamed*

BOILED ONIONS—2 *lb. onions ;* 1 *oz. flour*

1. Boil the onions in just enough water to cover, and remove from the water when cooked. See that the remaining water is about ½ pt. (rather under).
2. Cream the flour with a tablespoonful of milk, add onion water, return to the pan and boil.
3. Add pepper and salt and pour the sauce over the onions.

STEWED APPLES AND CORNFLOUR

1½ lb. apples stewed with 3 oz. sugar
½ pt. milk
1 oz. cornflour
1 oz. sugar

1. Peel and core the apples and cut into slices.
2. Make a syrup with the sugar and water, add sliced apple and simmer in pan gently until cooked. Put into a pie dish.
3. Rinse the pan. Put in the cornflour and sugar and stir the milk in gradually, mixing it with the cornflour very carefully at first.
4. Boil and pour over the apples.
5. Grate nutmeg on top.

GINGERBREAD

12 oz. flour
6 oz. soft brown sugar
2 teaspoonfuls ground ginger
1 egg and a little milk and water
6 oz. margarine
4 oz. dark treacle
1 small teaspoonful baking soda

1. Grease a flat tin.
2. Stand the treacle in a warm place to melt.
3. Rub the fat into the flour ; add all the dry ingredients.
4. Add the warm treacle, beaten egg and milk and water, and mix to a thick batter which will just drop from the spoon.
5. Bake in a very moderate oven until firm.

(The photograph shows only some of the gingerbread made from this recipe.)

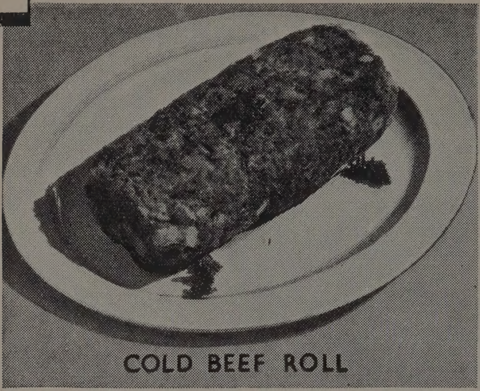
PICCALILLI—(½ quantities used this week)

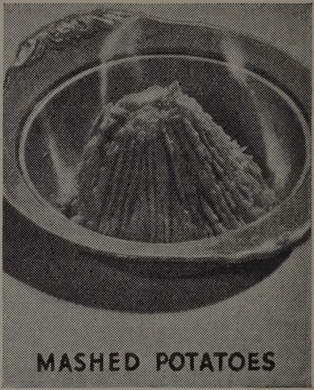
1 teaspoonful curry powder
1 teaspoonful turmeric
1 tablespoonful mustard
1 qrt. of vinegar
½ lb. brown sugar
1 oz. flour
Salt
Apple, cauliflower, cucumber, beans and small onions, or a mixture of any three of these ingredients

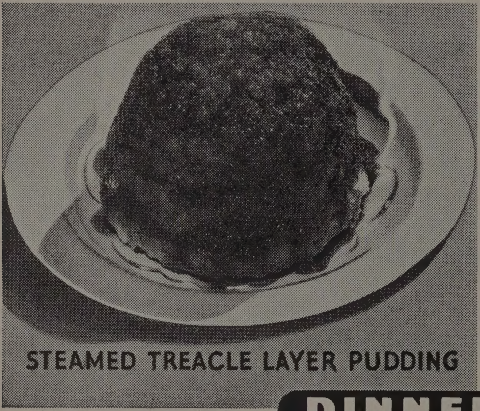
1. Cut the vegetables into neat pieces.
2. Put a few at a time into a piece of old cotton cloth and dip them into boiling brine (1 pt. water, 2 tablespoonfuls salt).
3. Mix the dry ingredients to a cream with some of the vinegar.
4. Boil remaining vinegar, add the creamed ingredients and bring all just to boiling point. Pour over the vegetables.
5. Stir occasionally until cool ; add a little more vinegar if too thick. Bottle and tie down. The pickle should be kept for at least a month to mature.

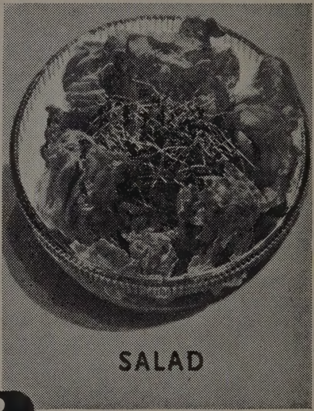
SEE PAGE FORTY-SEVEN

MENU FOR MONDAY

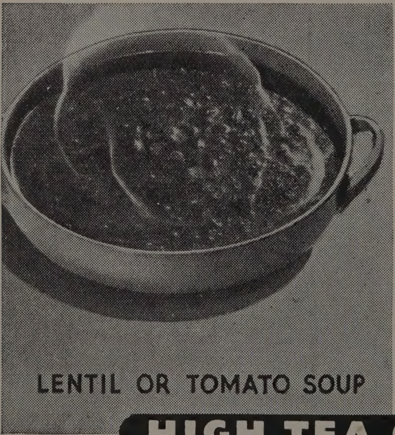

COLD BEEF ROLL

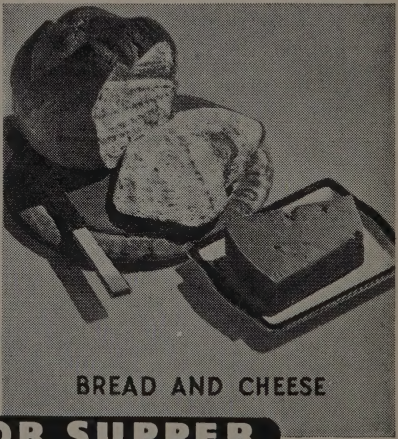

MASHED POTATOES


STEAMED TREACLE LAYER PUDDING


SALAD

DINNER


LENTIL OR TOMATO SOUP


BREAD AND CHEESE

HIGH TEA OR SUPPER

FOR SHOPPING LIST

RECIPES FOR MONDAY

BEEF ROLL

1 lb. minced beef (raw)
½ lb. scraps of bacon cut into small pieces
¼ lb. breadcrumbs
2 teaspoonfuls chopped parsley
1 teaspoonful salt
½ teaspoonful pepper
1 egg and water to mix

1. Mix all dry ingredients. Add the beaten egg and water and mix thoroughly.
2. Form into a roll, tie tightly in a greased cloth, and boil gently for 2 hours.
3. When done, tighten the cloth and press between two plates with a small flat iron on top.
4. When cold remove from cloth and cover with raspings (baked breadcrumbs) to prevent the outside from becoming dry if the roll is not to be used at once, and to improve the appearance.

POTATOES—3 *lb., mashed*

SALAD—*According to season*

STEAMED TREACLE LAYER PUDDING

Pastry {
10 oz. flour
1 large teaspoonful baking powder unless self-raising flour is used
4 oz. suet
Water to mix

Lemon rind, grated
½ lb. treacle
2 tablespoonfuls breadcrumbs

1. Make a soft pastry of the pastry ingredients.
2. Grease a basin.
3. Put in ⅓ of the treacle.
4. Divide the pastry into three pieces.
5. Put one over the treacle in the basin ; press it out to reach to the sides of the basin.
6. Mix remaining treacle, breadcrumbs and lemon rind. Put a layer of this on to the suet pastry in the basin.
7. Cover the next piece of pastry. Repeat once more.
8. Cover with a greased paper and steam for 2½ hours.

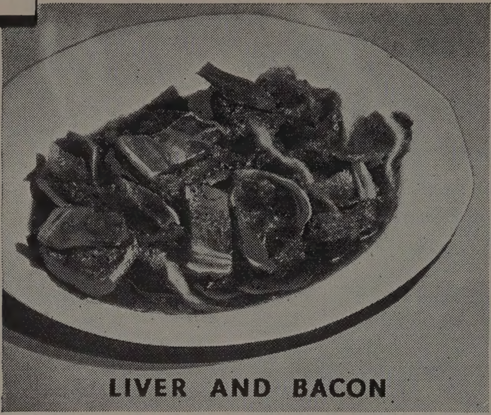
LENTIL AND TOMATO SOUP

12 oz. lentils (soaked)
Bacon rinds or bones
1 oz. margarine
Onion, carrot, turnip, celery (outside pieces)
2 qrt. of water or liquor in which meat (the roll) or vegetables have been boiled
Small tin of tomatoes (½lb.)
1 oz. flour
Pepper and salt and herbs

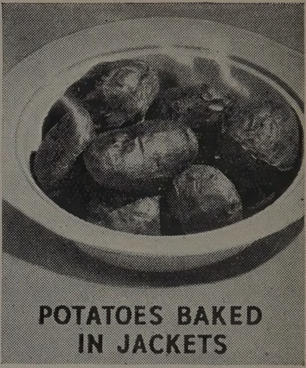
1. Fry the bacon rinds or bones in the margarine.
2. Add all the vegetables (cut small) and stir over heat for 5 to 10 minutes until they smell savoury.
3. Add the tomatoes from the tin and the water and pepper and salt.
4. Cook gently for 1½ hours or until the vegetables are tender, stir occasionally.
5. Remove the bacon rinds.
6. Add the flour, mixed to a cream with a little milk or water, and boil for a few minutes.

SEE PAGE FORTY-SEVEN

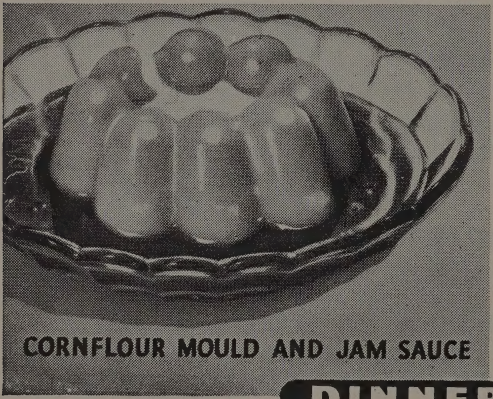
MENU FOR TUESDAY



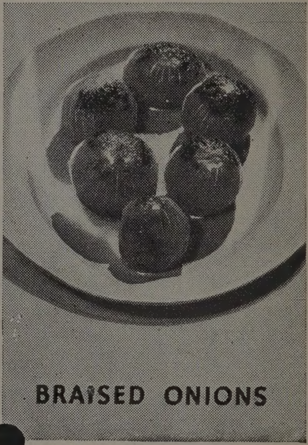
LIVER AND BACON



POTATOES BAKED IN JACKETS

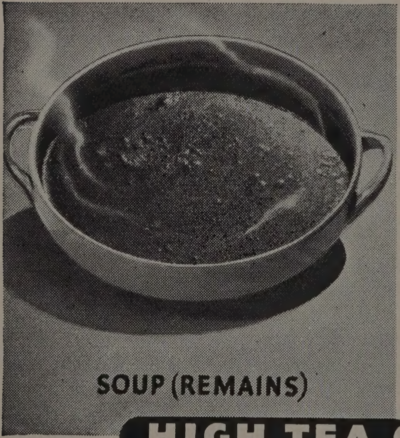


CORNFLOUR MOULD AND JAM SAUCE



BRAISED ONIONS

DINNER



SOUP (REMAINS)

COLD BEEF ROLL (REMAINS) AND PICCALILLI

HIGH TEA OR SUPPER

RECIPES FOR TUESDAY

LIVER AND BACON

1 lb. ox liver cut into slices
¼ lb. scraps of bacon
1 oz. flour
Pepper and salt } *Mixed together*
1 oz. dripping

1. Wash liver well and sprinkle with salt. Drain thoroughly and cut into slices.
2. Dip the slices of liver in the seasoned flour.
3. Melt the dripping in a baking tin.
4. Arrange the liver in the tin with bacon on top.
5. Cover with greased paper or another tin.
6. Cook gently for ¾ hour, uncover and continue cooking for 10 minutes.
7. Dish the liver and make gravy, using up the remaining flour. Season with gravy salt.

POTATOES—3 *lb.* *Baked in the skins*

BRAISED ONIONS

2 lb. onions
1 oz. margarine or dripping
1 oz. brown sugar

1. Melt the dripping ; fry the onions whole until coloured a little.
2. Pack them into a jar with the sugar and salt.
3. Cover and bake until tender.

CORNFLOUR MOULD AND JAM SAUCE

1½ pt. milk
½ pt. water
2 oz. sugar
3 oz. cornflour (light weight)

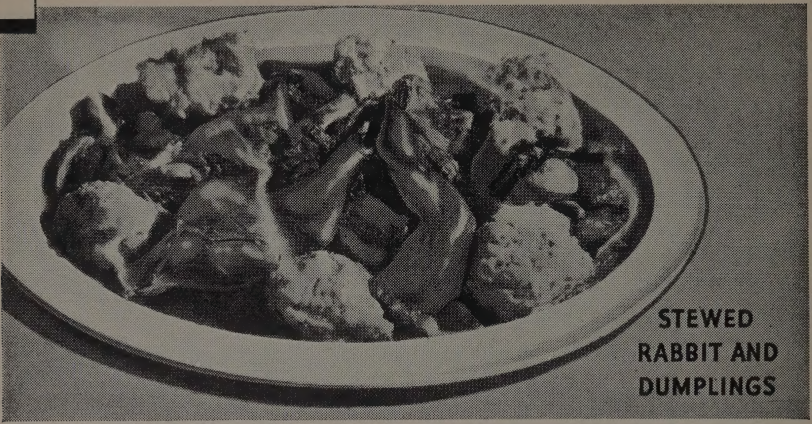
¼ lb. jam
2 oz. sugar } *Sauce*
¼ pt. water

1. Proceed as in Sunday's recipe for cornflour. (See page 33.)
2. Turn it into mould or basin which has been rinsed out with cold water, and allow it to become quite cold.
3. Boil the jam, sugar and water together, but do not strain.
4. Pour this sauce round the mould when it is turned out.

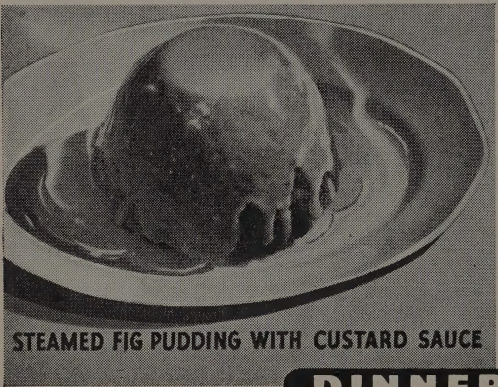
SEE PAGE FORTY-SEVEN

WEEK
3

MENU FOR WEDNESDAY



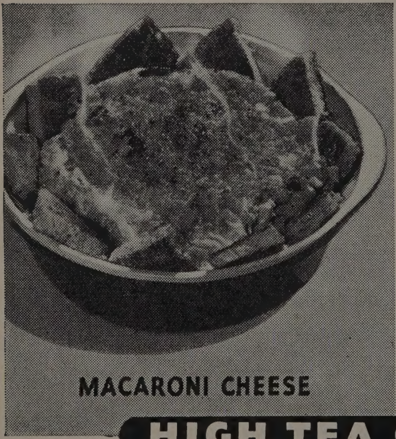
STEWED RABBIT AND DUMPLINGS



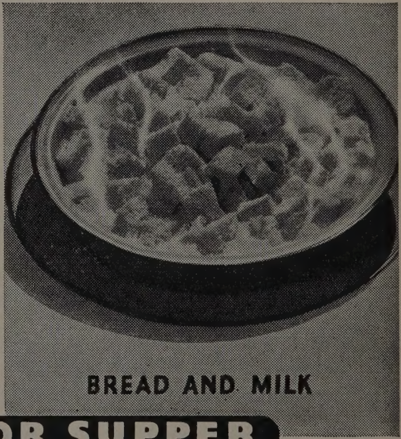
STEAMED FIG PUDDING WITH CUSTARD SAUCE

BOILED POTATOES

DINNER



MACARONI CHEESE



BREAD AND MILK

HIGH TEA OR SUPPER

FOR SHOPPING LIST

RECIPES FOR WEDNESDAY

STEWED RABBIT

1 rabbit cut up into pieces
Bacon rinds, washed
Carrot, onion, turnip

Dumplings
4 oz. self-raising flour
1 oz. suet
Salt and pepper
Parsley
Water to mix

1. Soak rabbit in cold water for as long as possible, then wash in warm salt water.
2. Put the rabbit and vegetables into a saucepan or jar and nearly cover with water. Add gravy salt and pepper.
3. After cooking gently for 1½ hours, remove the bacon rinds. Add the dumplings and continue cooking for 30 minutes.
4. Serve in the jar or turn out on to a dish.

POTATOES—3 *lb., steamed or boiled*

STEAMED FIG PUDDING

10 oz. flour
4 oz. suet, finely chopped
8 oz. figs
4 oz. brown sugar
1 teaspoonful baking soda
1 teaspoonful mixed spice
Water to mix to a stiff batter

1. Put all the dry ingredients into a basin. Dissolve the soda in a little water.
2. Mix to a stiff batter with the water.
3. Put in a greased pudding basin and cover top of basin with greased paper folded carefully over the edges.
4. Steam for 2 to 3 hours.
5. Make a thin custard sauce, using ⅓ pt. milk made up to ½ pt. with water, 1 large teaspoonful custard powder, and sugar.

MACARONI CHEESE

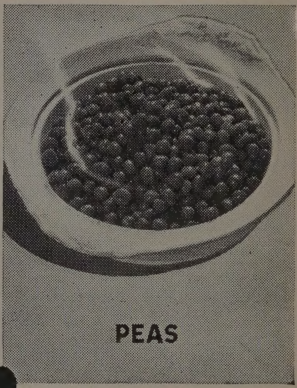
6 oz. macaroni
6 oz. cheese, grated
1½ oz. margarine
1½ oz. flour
½ pt. milk
½ pt. water in which macaroni has been boiled
Piece of toast
Mustard and salt

1. Break up the macaroni, put into fast boiling salted water and cook until very tender (about ½ hour).
2. Melt the margarine, add the flour and mustard, then pour in the milk and macaroni water and cook this sauce well.
3. Add ⅔ of the cheese, which must be allowed to dissolve, then salt to taste and the macaroni.
4. Pour into a rather shallow dish and sprinkle with the remaining cheese.
5. Brown in the oven or in front of the fire. It must be served very hot.
6. Decoration of toast may be added to make it look attractive.

MENU FOR THURSDAY

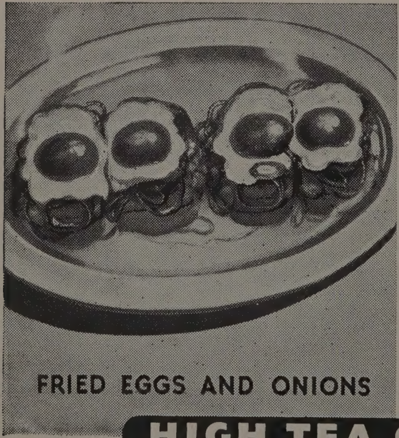
SAUSAGES & MASHED POTATOES

APPLE DUMPLINGS



PEAS

DINNER



FRIED EGGS AND ONIONS

BREAD AND MILK

HIGH TEA OR SUPPER

FOR SHOPPING LIST

RECIPES FOR THURSDAY

FRIED SAUSAGES

1½ lb.

1. Wipe sausages and prick with a fork.
2. Flour lightly and fry gently in a little hot fat, or bake in the oven.

POTATOES—3 *lb. mashed*

PEAS—½ *lb. (dried)*

1. Wash and soak the peas for 24 hours in water to which a teaspoonful of bicarbonate of soda has been added.
2. Place in salted water, bring to the boil, and cook gently until tender.
3. Toss in a little sausage fat when finished.
4. Save the water for making soup.

APPLE DUMPLINGS

2 oz. brown sugar
6 apples
Pastry { *8 oz. flour*
4 oz. lard
Water to mix }

1. Peel and core the apples.
2. Mix the pastry to a stiff dough, cut into six even-sized pieces and roll each into a round.
3. Place apple in centre, put sugar in the apple, damp edges of pastry.
4. Make into neat balls. Bake carefully.

FRIED EGGS AND ONIONS

4 eggs
½ lb. onions
2 oz. margarine
Pepper and salt
4 slices bread

1. Toast the bread, fry the onions golden brown and place on the toast.
2. Fry the eggs gently, or poach in simmering water. Dish the eggs on the onions and serve very hot.

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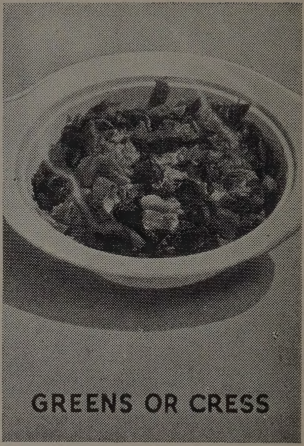
MENU FOR FRIDAY

MUTTON PIE



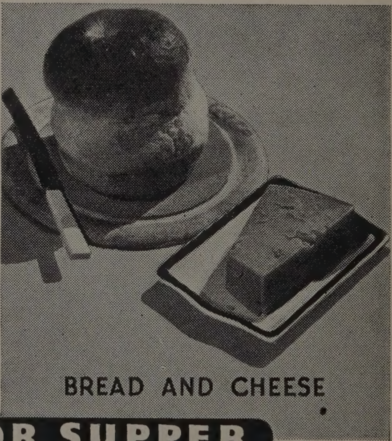
GREENS OR CRESS

BAKED MILK PUDDING

STEWED PRUNES

DINNER

POTATO OMELETTE



BREAD AND CHEESE

HIGH TEA OR SUPPER

FOR SHOPPING LIST

RECIPES FOR FRIDAY

MUTTON PIE

1 lb. breast of mutton cut into small pieces
2 lb. potatoes, cut up
½ lb. onions
½ teaspoonful pepper
2 teaspoonfuls salt
Short Pastry { 8 oz. flour
4 oz. lard

1. Arrange meat and vegetables in layers in pie dish with pepper and salt.
2. Moisten the rim of pie dish and cover it with pastry.
3. Fill the dish with water.
4. Moisten the pastry rim, cover the pie with pastry, pressing the edges lightly together and making a hole in centre.
5. Bake for 2 hours. Fill up with hot water.

GREENS—2 *lb.*

STEWED PLUMS OR PRUNES

1½ lb. plums or 1 lb. prunes
Syrup { 4 oz. sugar
½ pt. water

1. Boil sugar and water together to make a syrup.
2. Put in washed plums and stew until just tender.

If prunes are used soak the fruit overnight. Stew in a jar or pan, using the water in which the fruit was soaked.

When tender, add 4 oz. sugar and continue stewing for a little longer.

SAGO PUDDING

4 oz. sago	*1½ pt. milk*
½ pt. water	*2 oz. sugar*

1. Wash the sago and put into the pie dish with the water. Cook gently in the oven until the water is absorbed, keep the dish covered meanwhile.
2. Add the milk, sugar, and a little nutmeg and continue cooking in slow oven until creamy and brown (no cover).

POTATO OMELETTE

Cold potato
Chopped parsley
Fish or meat and onions
1 oz. dripping
Pepper and salt

1. Melt the dripping, and fry the onion unless fish is used.
2. Add the other ingredients to the frying pan. Stir until they are well mixed and hot.
3. Press all to the end of the frying pan and brown. It will take about 10 minutes to brown this thoroughly.
4. Turn out on to a hot dish.

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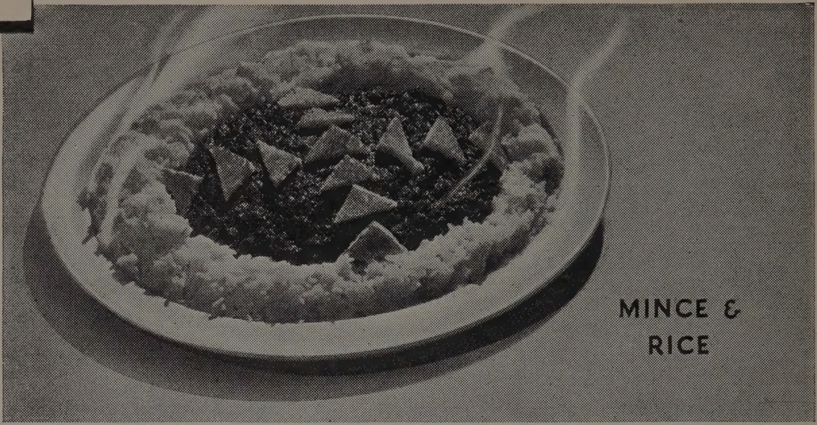
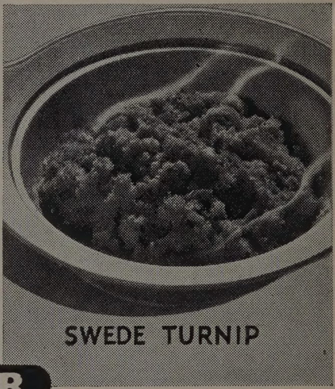
MENU FOR SATURDAY



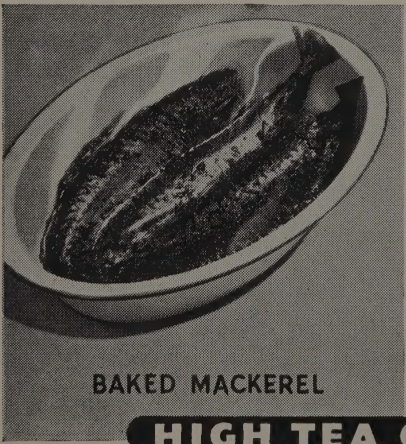
MINCE & RICE

OPEN JAM TART

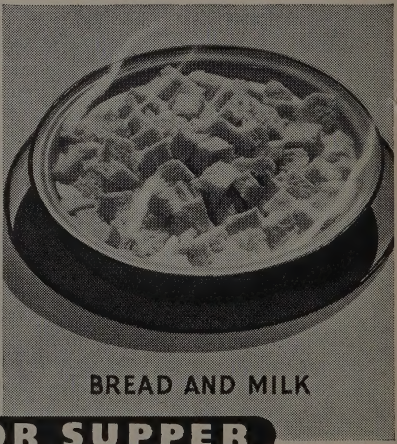


SWEDE TURNIP

DINNER



BAKED MACKEREL



BREAD AND MILK

HIGH TEA OR SUPPER

FOR SHOPPING LIST

RECIPES FOR SATURDAY

MINCE AND RICE

1 lb. minced meat (raw)
1 oz. dripping
2 oz. onion or more if liked
1 oz. flour
½ pt. water
1 teaspoonful salt
½ teaspoonful pepper
6 oz. rice

1. Melt the dripping and fry the onion golden brown.
2. Add the flour and continue frying gently for a few minutes; pour in the water and boil well together.
3. Stir in the meat and pepper and salt and cook together, very gently for 1 hour. Stir from time to time. The mince then should be a nice brown colour if the onions have been properly fried, but gravy salt must be added if the colour is not good.
4. While the mince is cooking, wash the rice and boil it in fast boiling salted water. Strain.
5. Dish by making a border with the rice and pouring the mince inside this border. Decorate with pieces of toast if liked.

SWEDES—3 *to* 4 *lb.*

Pare, cut into pieces, boil until tender, add pepper and salt, and mash.

OPEN JAM TART

8 oz. flour
4 oz. lard
Water and a little salt
½ lb. jam

1. Rub the fat into the flour.
2. Mix to a dry paste with water.
3. Line a tin with the pastry, put in the jam and bake.

BAKED MACKEREL

4 mackerel
Pepper and salt
½ oz. dripping
Parsley

1. Melt the dripping in the baking dish.
2. Put in the mackerel, sprinkle with pepper and salt. Cover with a plate or greased paper.
3. Bake until tender, basting with the liquor from time to time.
4. Sprinkle with chopped parsley, baste once more with the hot liquor.
5. Serve in the dish in which they were cooked.

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SHOPPING LISTS FOR WEEKS 1 & 2

FAMILY

Man, woman, and three children, aged 6—8, 10—12, and 12—14 years
(See page 2, point 3)

WEEK 1

Beef	5 lb.
Minced Beef	1 lb.
Bacon	1 lb.
Corned Beef	¾ lb.
Cheese	2½ lb.
Milk	14 pt.
Kippers	1¼ lb.
Butter	½ lb.
Suet	1 lb.
Lard	½ lb.
Margarine	½ lb.
Flour	5½ lb.
Bread	28 lb.
Sugar	6½ lb.
Jam	1 lb.
Potatoes	15 lb.

Lentils	¾ lb.
Tea	½ lb.
Oatmeal	¾ lb.
Rice	½ lb.
Treacle	1 lb.
Eggs	3
Raisins	¼ lb.
Dates	½ lb.
Tripe	1½ lb.
Herrings	4

Small things from store

Vinegar
Pepper, salt, mustard
Baking powder and soda
Custard powder
Nutmeg and spice
Cocoa, 1 oz.
Herbs
Cocoanut (dried)

Vegetables, etc.

Watercress	¼ lb.
Apples	2 lb.
Savoy or Greens	4 lb.
Onions	3 lb.
Beetroot	½ lb.
Celery	1 lb.
Parsnips	2 lb.
Carrots	3 lb.

WEEK 2

Pork	1½ lb.
Beef	1½ lb.
Mutton (breast)	1 lb.
Sausages	½ lb.
Minced beef	1 lb.
Bacon	1⅛ lb.
Corned Beef	¾ lb.
Cheese	1¾ lb.
Milk	14 pt.
Kippers	1¼ lb.
Herrings	4
Butter	½ lb.
Suet	1 lb.
Lard	¼ lb.
Margarine	1¾ lb.
Flour	5⅝ lb.
Bread	24½ lb.
Sugar	5 lb.

Jam	1 lb.
Potatoes	21½ lb.
Tea	½ lb.
Oatmeal	1 lb.
Rice	½ lb.
Treacle	1¼ lb.
Haricot beans	¾ lb.
Cocoanut (dried)	¼ lb.
Eggs	3
Fish	1½ lb.
Figs	1 lb.

Small things from store

Vinegar
Baking powder
Ground ginger
Spice
Baking soda
Custard powder
Pepper, salt
Sago (fine)
Herbs

Vegetables, etc.

Swedes	3½ lb.
Apples or Gooseberries	4½ lb.
Tomatoes	¼ lb.
Greens	2 lb.
Beetroot	½ lb.
Watercress	¼ lb.
Onions	3¼ lb.
Carrots	3 lb.

SHOPPING LIST FOR WEEK 3

Sausages	1½ lb.
Rabbit	1
Ox Liver	1 lb.
Minced Meat	2 lb.
Mutton	2½ lb.
Bacon	1¾ lb.
Corned Beef	¾ lb.
Cheese	1⅜ lb.
Milk	14 pt.
Kippers	1¼ lb.
Butter	½ lb.
Suet	⅝ lb.
Lard	¾ lb.
Margarine	1 lb.
Flour	4½ lb.
Bread	24 lb.
Sugar	6½ lb.
Jam	1 lb.
Potatoes	19 lb.

Dried Peas	½ lb.
Lentils	¾ lb.
Tea	½ lb.
Oatmeal	½ lb.
Rice	⅜ lb.
Treacle	1 lb.
Macaroni	⅜ lb.
Eggs	6
Figs	½ lb.
Mackerel	1½ lb.

Small things from store

Baking soda
Ground ginger
Cloves
Small tin tomatoes, ½ lb.
Sago, ¼ lb.
Mixed spice
Mustard, pepper, salt

Cornflour
Curry powder
Turmeric
Vinegar
Custard Powder

Vegetables, etc.

Small cauliflower	1 lb.
Onions	3 lb.
Apples	3 lb.
Tomatoes	½ lb.
Greens or Watercress	¼ lb.
Lettuce	¼ lb.
Carrots	2 lb
Swedes	4 lb.
Plums	1 lb.
Lemon (1)	¼ lb.

HOW TO COOK YOUR FOOD TO THE BEST ADVANTAGE

If you are used to cooking, you will know already how to use up every scrap of food, but if you are a young married woman or an elder sister and have not had so much practice in buying and housekeeping, you may be glad of a few hints on how to make the best of the food you buy.

ROASTING AND BAKING

Roasting (which is really baking) is a good way to cook the better joints of meat when you are cooking a large piece and want some cold meat over for future meals. Baking in oven ware which can be bought at 6d. a piece is very suitable for meat, fish, and root vegetables. By serving the food in this ware you save washing up.

STEAMING AND STEWING

MEAT. Steaming and stewing are more economical ways of cooking meat if all the juices and gravy which come from it are eaten.

VEGETABLES. Potatoes are very good for you steamed, especially steamed in their jackets. Carrots and swedes are also good steamed. To tell when these vegetables are done, try them with a fork. When they feel soft they are ready ; they should not be overcooked.

FISH can be steamed between hot plates put on top of a saucepan of boiling water.

PUDDINGS can be steamed in a basin put inside a saucepan not quite half full of boiling water. Remember to keep the saucepan filled to the right level ; from time to time pour in *boiling* water. If you let the water go off the boil the pudding will not be so light. A steamer to fit over a saucepan is cheap and very useful.

RE-HEATING MEAT

When you cook meat over again, as in Shepherd's Pie or Cornish Pie, remember that it has lost some of its moisture and some of its flavour from the first cooking. Such meat needs flavouring and seasoning and vegetables and chopped parsley or herbs. It needs to be well moistened with gravy or sauce and cooked only just long enough to heat the meat through. Overcooking must be avoided.

USING VEGETABLE WATER

When you boil potatoes, carrots, parsnips, rice, or macaroni, drain off the water and use it to make sauces, soup, or gravy. You will get a better flavour this way and this water contains salts which are good for you.

UNCOOKED ROOT VEGETABLES

Uncooked root vegetables, grated coarsely, can be used with advantage for any salad.

HOMELY MEASURES

1 tablespoonful, rounded, of flour and similar light ingredients	1 oz.	1 teaspoonful	¼ oz.
1 tablespoonful, filled level, of sugar and similar heavy ingredients	1 oz.	1 teacupful	¼ lb. or ¼ pt.
1 dessertspoonful	½ oz.	1 breakfastcupful	½ lb.
		1 tumbler	½ pt.

PROPORTIONS OF SOME PRINCIPAL INGREDIENTS

MILK PUDDINGS

1½ to 2 oz. of grain to every pt. of milk.

SAUCES

1½ oz. to 2 oz. of fat and flour to every pt. of liquid.

BATTER

½ as much flour as liquid for Yorkshire pudding, etc.

SHORT PASTRY AND SUET PASTRY

½ as much fat as flour if plain flour is used

⅓ as much fat as flour if baking powder is added.

SUET PUDDINGS

⅓ as much suet and sugar as flour.

PLAIN CAKES

⅓ to ½ as much fat and sugar as flour with different flavourings.

RICH CAKES

From ½ as much fat and sugar as flour to equal quantities of these ingredients with different flavourings

BAKING POWDER

1 teaspoonful to 1 lb. of flour for rich mixtures

2 teaspoonfuls to 1 lb. of flour for medium mixtures

3 teaspoonfuls to 1 lb. of flour for plain mixtures

SOUPS

(*a*) MEAT :

½ lb. meat and bones or bones to 1 pt. of water and flavourings.

(*b*) VEGETABLE :

½ lb. fresh vegetables to 1 pt. of water.

2 oz. peas, beans, and lentils to 1 pt. of water.

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